

# *first coast* DOULAS

## HOSPITAL BAG; CONSIDER IT PACKED



### *Essentials*

CHAPSTICK

1-2 BENDY STRAWS

-2 HAIR TIES

SWIM SUIT

CAMERA

ICE BAG

DO NOT DISTURB SIGN

GOING HOME OUTFIT

UNSCENTED LOTION

PLACENTA TRANSPORT KIT

FLUIDS & SNACKS

MINTS/HARD CANDY

HAIR BRUSH

PHONE & CHARGER

RAIN SOUNDS OR

RELAXING MELODY APP

TENNIS BALL

BIRTH OR YOGA BALL

+ BIRTH AFFIRMATIONS

### *Considerables*

BABY BOOK

COMFY GOWN

SLIPPERS

NURSING BRA & 2-4 PADS

